

Fridays and sadness

Posted by simchastorah - 10 Feb 2023 07:52

Friday morning I often look at porn and masturbate, I have no work, so less on my plate. My wife goes back to sleep, so no issue there. I'm especially in danger right now because I'm feeling gross, because yesterday something embarrassing happened to me, and I had something of a conflict with a coworker. Lately the way that I would deal with this is to escape into fantasy land, and then hate myself for the rest of the day. Then to get away from hating myself, I'll smoke a little weed, which just makes me feel more depressed.

Additionally I'm struggling right now because my wife is dealing with extreme anxiety. She's not so mentally well, she's on 3 or 4 different medications, but still is in a state of struggling to get anything done because of her anxiety. On top of that, we haven't been together in around three months, she hasn't even gone to the mikva because of issues in our shalom bayis. I also unfortunately have trouble being attracted to her, because of weight gain and some skin problems.

So right now there is a side of me that wants to just throw seichel to the wind and watch porn. But I really really don't want to do that. I want to be close to Hashem. And I want to behave in a way that I can respect, so that hopefully over time I can handle the different external difficulties in my life without feeling so compelled to seek comfort in these unhealthy ways.

The truth is, I walk around feeling pretty bad about myself a lot of the time. I was badly abused and bullied for around a year at age 13, though not sexually abused b'h. I still walk around with these bad feelings about myself, and when anything goes wrong, it's magnified many times because it's compounding the bad way that I already feel. It's very hard for me to bear all of these feelings, and I turn to porn, masturbation, weed, and some alcohol to deal with them. Unfortunately they all have terrible costs. So I need to learn to deal. Hashem help me.

I generally keep everything to myself, because 1) I don't want people to look down on me,

2) I know that everyone is dealing with their own stuff, some more than others, and I don't want to burden them with my stuff and 3) I know that look down or not, people full of negativity are less pleasant to connect with, and people will not want to associate with me.

Writing this all out, I'm filled with a tremendous sadness. At the same time though, I feel like maybe

I have a bit more of a chance to not descend into the hell of porn and self loathing

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Re: Fridays and sadness

Posted by Vehkam - 21 Feb 2023 16:19

i am sorry for your pain. sadness can be difficult to fight through. In moments of sadness, i find that healthy physical connection and a good listener to express my feelings work best. I also recommend that you keep a list of goto activities to do when you feel sad (even if you don't feel like it in the moment). Lastly, i rely heavily on music to keep my mood in the right place...

Thinking of you,

vehkam

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Re: Fridays and sadness

Posted by simchastorah - 21 Feb 2023 22:11

I just had a wonderful heart-to-heart with a friend who lives in my neighborhood. In the process, we drank quite a nice amount. In my current state, my yetzer harah seems to think that I'm easy prey.

He's wrong.

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Re: Fridays and sadness

Posted by Markz - 21 Feb 2023 22:36

[simchastorah wrote on 21 Feb 2023 22:11:](#)

I just had a wonderful heart-to-heart with a friend who lives in my neighborhood. In the process, we drank quite a nice amount.

H2O? KOD!

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Re: Fridays and sadness

Posted by Eerie - 22 Feb 2023 00:42

[simchastorah wrote on 21 Feb 2023 22:11:](#)

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He's wrong.

I'm so happy you found the things that really helps with sadness. And it's not the bottle that was on the table. It's the having someone sitting at the other end of the table listening to you open your heart. Keep up the good work, my friend. I found that being on this journey helped me a lot in other areas as well, probably by virtue of confidence and peace with oneself that fighting back gives, so I'd venture to say that on your journey here you'll have a great chance to break some other bad habits too. Keep trucking, my holy friend!

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Re: Fridays and sadness

Posted by simchastorah - 22 Feb 2023 04:35

100% it's not the bottle, it's the connection. However the bottle helps to open things up a bit. It also helps to give a a geshmake head ache right now. Thanks for the words of encouragement about other areas. I do feel hopeful that being on this journey will help with these other bad habits iy'h.

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Re: Fridays and sadness

Posted by simchastorah - 22 Feb 2023 06:26

Gut Chodesh everyone! B'h I'm halfway through my first rosh chodesh without falling in some time!

I'm having some difficulty not fantasizing this morning. An attractive woman came up on my LinkedIn

feed, and I clicked to get a better look. This lead me to struggle about my identity, am I a kadosh refraining

from arayos? Or am I a dirty guy?

Then dropping off my son at gan there were a few attractive women along the way. B'h I didn't gaze at them,

but I felt a very strong urge to fantasize about them. I didn't fantasize b'h, but the urge is still with me.

I need to learn to not be so hard on myself. Yes I clicked on that profile. Yes that's an aveira. But I've

also had a thousand wins in the last 2.5 weeks.

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Re: Fridays and sadness

Posted by Yeshayahu 41:6 - 22 Feb 2023 13:13

Personally i think you are a kadosh for being in the fight. I know just what you mean about trying to get a better look...it doesnt mean your a dirty guy, it means its a struggle when something pops up in front of you.

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Re: Fridays and sadness

Posted by Vehkam - 23 Feb 2023 00:15

[simchastorah wrote on 22 Feb 2023 06:26:](#)

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great post. keep counting the wins!

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Re: Fridays and sadness

Posted by Eerie - 23 Feb 2023 00:28

[simchastorah wrote on 22 Feb 2023 06:26:](#)

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also had a thousand wins in the last 2.5 weeks.

So beautiful, how honest you can be. The identity crisis is a life-long work. The truth is that "YOU" are your Neshama, and your Neshama wants only to grow, do the right thing, to cleave to Hashem. And you were given a YH to contend with. HE wants you to get a better look, and he wants you to believe that it's YOU who wants to get a better look. Straight up identity theft. So it's up to us to keep reminding ourselves, we are at war with the YH, and we won't let him fool us into believing that we don't want to change, that we want to do the wrong thing. No, absolutely not. WE are heilige Yidden, and we have the privilege of having Reb Simchas Torah inspire us, and share his experiences with us. You are amazing, you have so many wins!

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Re: Fridays and sadness

Posted by simchastorah - 23 Feb 2023 06:15

Thank you Reb Eerie for the divrei chizuk, it really helps. Y'yasher kochacha!

Well put on the yetzer hara performing identity theft. It's mamash such an avoda to find the

'seam' between the I and the yetzer. Especially after having fallen so many times to the

melech zaken u'ksil, he has put up his flags in many areas of the city. I have to learn to recognize

the flags as foreign. He was 'kovesh' the city but not 'loked'.

Can you rename this thread to "Everyday and happiness"?

I like the idea of renaming the thread to something more positive. Maybe "v'tov lev mishteh tamid"?

I have a challenge this morning, my attractive cleaning lady is here. I have to stay strong not to fantasize.

Tbh honest, I'm not sure if it's ok for her to be here from a yichud standpoint, I never learnt hilchos yichud.

I leave the door unlocked, my wife is in the city (though very unlikely she'll show up), it has happened that

my son showed up unexpectedly but only once. I tried last week to leave my door a bit ajar, but she ended

up closing it, I'll try again this week.

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Re: Fridays and sadness

Posted by simchastorah - 23 Feb 2023 06:28

Last night I had a wet dream. This is a good sign as I've seen from HHM, and also I know that it only happens when my body is not regularly cycling through things.

In my half dream state, or even in my dream, I don't really know which, I felt terrible, like I had broken my streak. Once I woke up I realized that I hadn't masturbated and all was well. I had a very similar experience quitting smoking, for years I would have fairly regular dreams that I had slipped and started smoking again. It still happens occasionally now, six years later.

I think I should take this opportunity to relate healthily to slipping. Even though I didn't actually slip, I did go through the emotional process of feeling like I slipped, and I did come down on myself quite hard. I have to remind myself, it's ok, it's not about the streak. It's about not confusing my yetzer hara for my self. And I can do that even if I did have a fall. I can still say, yes, my yetzer hara got me that time. Nice going yetzer hara, you did your job like a charm. But I also have a job.

Rashi says that we have to learn a kal v'chomer from the earth, even though it's not m'kabel schar it still always functions according to the emes of what it is (loosely paraphrasing). Maybe we could make a similar kal v'chomer from the yetzer. If the yetzer, whos end is to have his head chopped off, is so consistent in doing what Hashem wants from him, us al achas kama v'kama.

I wasn't sure if to post about this whole thing. I actually composed it as an email to Eerie. But I realized that maybe it could give chizuk to others, so I'm throwing my embaressment aside and sharing it.

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Re: Fridays and sadness
Posted by Zedj - 23 Feb 2023 13:48

[simchastorah wrote on 23 Feb 2023 06:28:](#)

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Thank you for sharing.

I had my own fair share of wet dreams and have had similar feelings.

main thing is to move on and not be obsessed about it.

Wishing you continued success!

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Re: Fridays and sadness

Posted by Geshmak! - 23 Feb 2023 18:24

I have a challenge this morning, my attractive cleaning lady is here. I have to stay strong not to fantasize.

Tbh honest, I'm not sure if it's ok for her to be here from a yichud standpoint, I never learnt hilchos yichud.

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my son showed up unexpectedly but only once. I tried last week to leave my door a bit ajar, but she ended

up closing it, I'll try again this week.

Hi! Just giving you a disclaimer: I have an addiction to sex so what I'm saying might not be nogah you.

Yes ???? or not ???? don't be in the house with an attractive cleaning lady!!! I just WONT trust myself... agav you should ask a rav it's very possibly it is a ???? ????.

hatzlachah!

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Re: Fridays and sadness

Posted by chancy - 23 Feb 2023 20:38

I agree with Geshmak on this. for some reason i have a huge problem when it coems to cleaning ladies, dont know why dont care. I just know that i thank god that my cleaning lady is the furthest away from attractive BH. I dont need to have struggles in my own house...

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